

State of South Carolina

Governor's Proclamation

WHEREAS, thousands of individuals of all age levels participate in the martial arts for fitness, fun, and self-protection; and

WHEREAS, practicing the martial arts helps develop strength, character, focus, flexibility, and coordination; and

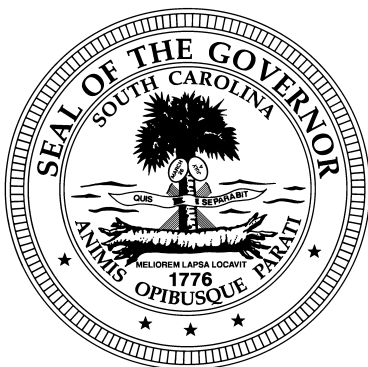
WHEREAS, by encouraging self control, self discipline, personal defense, and physical fitness, the martial arts can enhance self-esteem, goal setting abilities, anger management, and non-violent conflict resolution skills for all people; and

WHEREAS, Martial Arts Day calls attention to the positive health and fitness benefits to be gained through participation in this unique art form.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim October 16, 2004, as

MARTIAL ARTS DAY

throughout the state and encourage all South Carolinians to learn more about the martial arts.



A handwritten signature in black ink, appearing to read "Mark Sanford".

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA